

Variable	Group 1		Group 2		Group 3		Group 4		Group 5		Group 6		Group 7		Group 8		Group 9		Group 10			
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD		
Age	25.5	3.2	26.1	3.5	25.8	3.1	26.3	3.4	25.9	3.3	26.2	3.6	25.7	3.2	26.0	3.5	25.6	3.1	26.4	3.4	25.5	3.3
Height	175.2	5.1	176.8	5.3	174.5	5.0	177.1	5.2	175.9	5.1	176.3	5.4	174.8	5.0	176.6	5.3	175.4	5.1	176.9	5.2	175.0	5.3
Weight	72.5	10.2	73.8	10.5	71.9	10.1	74.2	10.3	72.7	10.2	73.5	10.6	72.0	10.1	73.9	10.4	72.3	10.2	74.1	10.5	72.6	10.3
BMI	23.5	3.5	23.8	3.6	23.4	3.4	24.0	3.7	23.6	3.5	23.9	3.8	23.3	3.4	24.1	3.6	23.7	3.5	24.2	3.7	23.5	3.6
Heart rate	72.5	8.5	73.2	8.8	71.8	8.2	73.5	9.0	72.1	8.6	73.0	9.2	71.5	8.1	73.3	8.9	72.4	8.7	73.6	9.1	71.9	8.3
SBP	115.2	12.5	116.8	12.8	114.5	12.2	117.1	13.0	115.9	12.6	116.3	13.2	114.8	12.1	116.6	12.9	115.4	12.7	116.9	13.1	115.0	12.5
DBP	75.5	8.5	76.2	8.8	74.8	8.2	76.5	9.0	75.1	8.6	76.0	9.2	74.5	8.1	76.3	8.9	75.4	8.7	76.6	9.1	74.9	8.3
HRV	55.2	10.5	56.8	10.8	54.5	10.2	57.1	11.0	55.9	10.6	56.3	11.2	54.8	10.1	56.6	10.9	55.4	10.7	56.9	11.1	55.0	10.5
HRV SD	12.5	3.5	12.8	3.8	12.2	3.2	13.0	4.0	12.6	3.6	12.9	4.2	12.1	3.1	13.1	3.9	12.7	3.7	13.2	4.1	12.5	3.5
HRV LF	45.2	10.5	46.8	10.8	44.5	10.2	47.1	11.0	45.9	10.6	46.3	11.2	44.8	10.1	46.6	10.9	45.4	10.7	46.9	11.1	45.0	10.5
HRV HF	10.2	3.5	10.8	3.8	10.5	3.2	11.0	4.0	10.6	3.6	10.9	4.2	10.1	3.1	11.1	3.9	10.7	3.7	11.2	4.1	10.5	3.5
HRV VLF	5.2	1.5	5.8	1.8	5.5	1.2	6.0	2.0	5.6	1.6	5.9	2.2	5.1	1.1	6.1	1.9	5.7	1.7	6.2	2.1	5.3	1.5
HRV P	0.5	0.5	0.6	0.6	0.4	0.4	0.7	0.7	0.5	0.5	0.6	0.8	0.3	0.3	0.7	0.6	0.4	0.4	0.8	0.7	0.5	0.5
HRV TP	73.2	12.5	74.8	12.8	72.5	12.2	75.1	13.0	73.5	12.6	74.3	13.2	72.0	12.1	75.0	12.9	73.8	12.7	75.3	13.1	72.6	12.5
HRV VLF/TP	7.1	2.5	7.8	2.8	7.5	2.2	8.0	3.0	7.6	2.6	7.9	3.2	7.1	2.1	8.1	2.9	7.7	2.7	8.2	3.1	7.3	2.5
HRV LF/TP	62.5	10.5	63.8	10.8	61.9	10.2	64.2	11.0	62.7	10.6	63.5	11.2	62.0	10.1	63.9	10.9	62.3	10.7	64.1	11.1	62.6	10.5
HRV HF/TP	14.2	3.5	14.8	3.8	14.5	3.2	15.0	4.0	14.6	3.6	14.9	4.2	14.1	3.1								

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